
PERANAN EKSTRAKURIKULER BOLAVOLI TERHADAP SIKAP DISIPLIN SISWA

THE ROLE OF VOLLEYBALL EXTRACURRICULAR ON STUDENT DISCIPLINE

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Abstrak

Penelitian ini bertujuan untuk mengetahui peranan ekstrakurikuler bola voli terhadap disiplin siswa khususnya di SMK Bhakti Putra. Penelitian ini dilakukan dengan menyebarkan kuesioner kepada 30 siswa ekstrakurikuler bola voli di SMK Bhakti Putra. Selain teknik lain yaitu observasi dan dokumentasi. Secara umum penelitian ini dilakukan dengan menggunakan metode penelitian kuantitatif dengan desain penelitian *ex post facto*, statistik yang digunakan untuk menganalisis data dengan cara mendeskripsikan atau mendeskripsikan data yang telah terkumpul sebagaimana adanya tanpa bermaksud membuat kesimpulan yang berlaku umum atau generalisasi. Berdasarkan hasil perhitungan dapat disimpulkan bahwa untuk uji validitas terdapat 45 butir pernyataan yang valid untuk variabel X dan 38 butir pernyataan akurat untuk variabel Y, sedangkan uji reliabilitas variabel X sebesar 0,924 dan variabel Y sebesar 0,882. Hasil pengujian hipotesis menunjukkan bahwa hipotesis yang diajukan dapat diterima karena nilai R hitung lebih signifikan dari R tabel yaitu $0,782 > 0,361$. Setelah melalui beberapa tahapan perhitungan sebelumnya, dapat disimpulkan bahwa ekstrakurikuler bola voli berperan terhadap sikap disiplin siswa sebesar 61,1% sedangkan peran dari luar sebesar 38,9%. Dari hasil penelitian, dapat disimpulkan bahwa ekstrakurikuler bola voli berperan penting dalam membentuk sikap disiplin siswa di SMK Bhakti Putra. Hal ini menunjukkan bahwa kegiatan ekstrakurikuler dapat menjadi faktor penting dalam membentuk karakter dan sikap positif siswa di sekolah. Sebagai rekomendasi penelitian selanjutnya, perlu dilakukan penelitian dengan desain yang berbeda seperti eksperimental dengan jumlah sampel lebih banyak, mempertimbangkan faktor lingkungan keluarga dan sosial, menggunakan teknik pengumpulan data wawancara atau pengamatan langsung, serta mendorong peningkatan program ekstrakurikuler di sekolah untuk membentuk sikap disiplin siswa secara positif.

Kata kunci: peranan, ekstrakurikuler bola voli, disiplin siswa

Abstract

*This study aims to determine the role of volleyball extracurriculars on student discipline, especially at SMK Bhakti Putra. This research was conducted by distributing questionnaires to 30 students of volleyball extracurricular at SMK Bhakti Putra. In addition to other techniques, namely observation and documentation. In general, this research was conducted using quantitative research methods with an *ex post facto* research design is a statistic used to analyze data by describing or describing the data that has been collected as it is without intending to make conclusions that apply to the public or generalizations. Based on the calculation results, it can be concluded that for the validity test, there are 45 valid statement items for the X variable and 38 accurate statement items for the Y variable, while the X variable reliability test is 0.924 and the Y variable is 0.882. The results of hypothesis testing indicate that the proposed hypothesis can be accepted because the value of the R count is more significant than the R table, namely*

0.782 > 0.361. After going through several stages of the previous calculation, it can be concluded that volleyball extracurricular plays a role in student discipline attitude by 61.1% while the role from outside is 38.9%. From the results of the study, it can be concluded that extracurricular volleyball plays an important role in shaping students' disciplinary attitudes at SMK Bhakti Putra. This shows that extracurricular activities can be an important factor in shaping the character and positive attitudes of students at school. As a recommendation for future research, it is necessary to conduct research with different designs such as experimental with a larger number of samples, consider family and social environmental factors, use interview or direct observation data collection techniques, and encourage the improvement of extracurricular programmes in schools to positively shape students' disciplinary attitudes.

Keywords: role, volleyball extracurricular, student discipline.

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INTRODUCTION

Education is the main gate to forming human attitudes (Turdieva NS, 2021) or character because education has systematic guidelines for shaping human attitudes or character. Education is one of the most critical factors in one's life because, through education, one can improve intelligence, and skills, develop self-potential and form a responsible, intelligent and creative person (Septiadi et al., 2018). Attitude discipline education is an integral part of personal education, often applied through education (Nargiza, 2022). Furthermore, to realize it all formed the curriculum. The curriculum is defined as a file that contains a plan that details the goals to be achieved, some materials and various learning experiences that students should do, how to develop them, evaluations compiled to find out the extent to which these goals are achieved, and the actual realization of the files have been designed earlier. This curriculum consists of activities that are intra-curricular, co-curricular and extracurricular. Intra-curricular is a direct teaching approach (Slamet, 2019) and learning process carried out by teachers and students in lesson hours every day with a predetermined time allocation in the structure of the curriculum program (Sahabuddin et al., 2022). In the teaching and learning process, coaching is needed so that students have the ability, intelligence and skills and shape their attitudes and character of students.

Therefore, it is necessary to have companion activities that can help maximize students' potential. And at the same time, respond to the demands of each student's needs, help when something is still lacking, enrich the learning environment so that it is not only that, and provide a forum so that they can practice that they are more creative. This is the role of curricular and extracurricular activities (Shilviana & Hamami, 2020). In carrying out co-curricular activities, there are things that must be considered, including, co-curricular tasks that should be precise and follow the subject or sub-topic being taught; teachers should know about the difficulty level for students (Cheng et al., 2021) so that the tasks given to students are in accordance with their abilities. And not physically and psychologically burdensome, the assessment of co-curricular duties should be transparent and fair in accordance with the results of each student's and teacher's abilities. We should know these learning processes are needed to make a holistic approach, to enable students understand the complexity of the learning processes where students and teachers engage with each other and find solutions (Hidayat et al., 2022). While extracurricular activities, in their implementation, are carried out by students who are outside the classroom and class hours intending to assist in developing the potential of Human Resources (HR) owned by students, both related to the application of knowledge obtained or, in a unique sense, to help students develop their potential and talents through compulsory and optional activities.

Theoretically, extracurricular activities can help students acquire social, problem-solving, and leadership skills that contribute positively to student character building. In addition, extracurricular activities can also help students improve academic skills and gain practical experience relevant to the world of work (Nguyen, 2022). Extracurricular activities are additional activities (Adkhamjanovna et al., 2022) that students can choose according to their talents and interests. This activity has many benefits, but not a few also think that this activity takes up student learning time (Bangun, 2018). In practice, each implementation of extracurricular activity programs in schools will later provide many benefits, which the students and effectiveness obtain in the performance of education in schools. Implementing the extracurricular activity program is one part of the overall development of school institutions. Extracurricular activities at school contribute to creating a high level of intelligence. This activity does not include subject matter that is separate from other subjects. It can be carried out on the sidelines of delivering subject matter, considering that these activities are an important part of the school curriculum (Mufida, 2019). Thus, extracurricular activities at school contribute to creating a high level of intelligence (Abizada et al., 2020). This activity is very beneficial both for students in channeling their interests and talents, and it is also beneficial for schools or educational institutions themselves (Shaffer, 2019). Extracurricular activities are filled with various forms of activities, including sports, religion, arts and others, according to students' abilities, talents and interests at school. These activities are intended to increase the skills and insight of students and build a positive self-personality in each student. One of the extracurricular sports activities that are often held in schools or educational institutions is volleyball extracurricular (Rohmanasari et al., 2019). Extracurricular activities are very useful for cultivating students' habits by utilizing positive free time for coaching, developing student personality, and forming positive attitudes, namely fostering discipline (Ridwan et al., 2023). Extracurricular participation and the level of discipline of students (Subaidi et al., 2023).

Through the volleyball game, a person will have the opportunity and benefit from actualizing himself during society. Volleyball games provide physical and mental benefits and psychological benefits for the perpetrators so that the physical elements can be trained with appropriate physical exercises. This can be influenced by the external (extrinsic) environment of the players, including the role of the coach, to maximize this physical training (Permadi & Fernando, 2021). Volleyball games can be a vehicle for developing various aspects of human life, including character values, discipline (Janari et al., 2021), and sportsmanship. Discipline is the attitude, behavior and actions that are in accordance with the organization's rules, both written and unwritten (Sudirman et al., 2023). A performance can be influenced by a person's disciplined attitude (Suma & Siregar, 2023). Discipline is a condition created and formed through a series of behaviours that show the values of obedience, obedience, loyalty, order and order. For someone disciplined, because it is integrated within himself, the attitude or action taken is no longer felt as a burden; on the contrary, it will be a burden if he does not discipline. The values of obedience have become part of the behaviour in life (Sugiarto et al., 2019). Discipline is not only required in certain places, such as school or work but in various places and every aspect of life. This disciplinary behaviour will appear in every action according to the norms or rules that apply to the group in which the individual is identified. Discipline is not only intended for certain groups but must exist in every citizen, including teenagers. Discipline will implement activity well; on the contrary, without discipline, it will allow the emergence of various problems and obstacles in life (Bonaventure & Marie Claire, 2020). But also, volleyball extracurricular needs development and evaluation (Siswantoro et al., 2021).

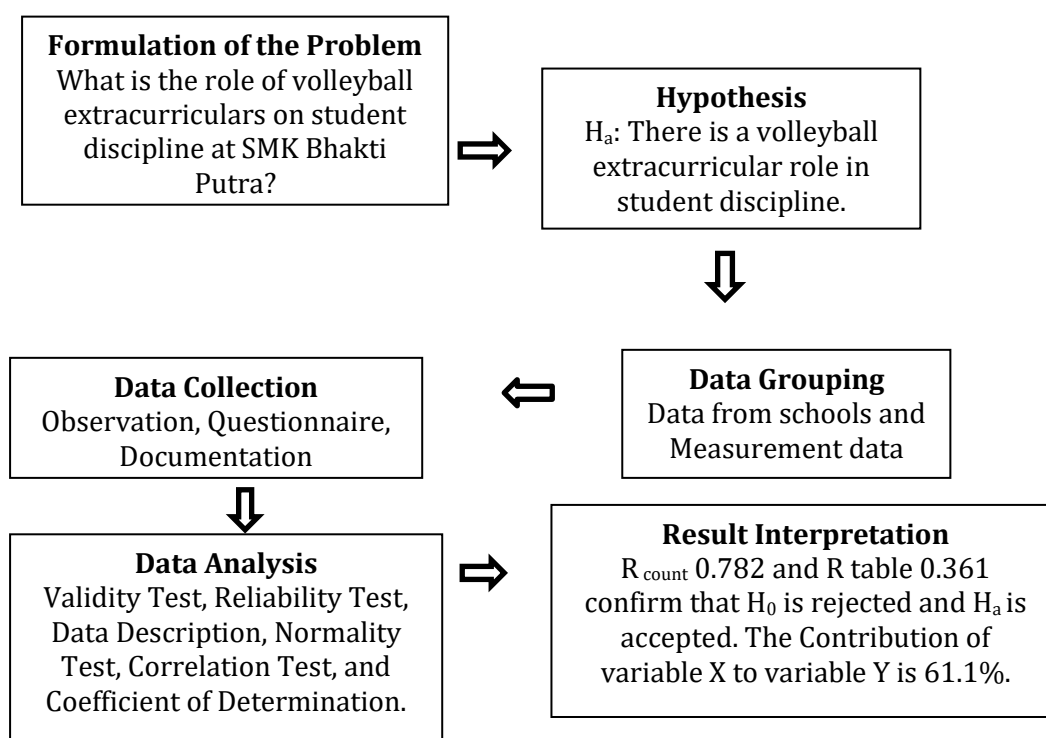
Several previous studies relevant to sports, especially volleyball, and the formation of students' disciplinary attitudes have been conducted. One of them is a study by (Sozen, 2012) which shows that regular volleyball training can improve students' disciplinary attitudes. In

addition, research (Nugraha & Rahmatiani, 2017) showed that students who participated in volleyball activities regularly had a higher level of discipline compared to students who did not participate. Extracurricular activities are also proven to be able to shape students' disciplinary character, such as time regularity, respect for time, responsibility, and teamwork. Therefore, sports activities such as volleyball can be used as a means to shape students' disciplinary attitudes.

Based on observations and experiences that the author did and experienced directly at SMK Bhakti Putra, Ciaro Village, Nagreg District, Bandung Regency, the condition of student discipline still needs to be improved. Many still violated school regulations, arrived late, how to look, attitude during lessons, and orderliness and were not yet responsible for maintaining school facilities. To improve student discipline, it is necessary to make clear school rules, impose consistent sanctions, teach responsibility, good manners and ethics, build good relationships between teachers and students, and create a conducive and pleasant learning environment. In addition, efforts should also be made to improve extracurricular programmes in schools as an effort to positively shape students' disciplinary attitudes. Based on this, the author is interested in researching the role of volleyball extracurriculars on students' disciplinary attitudes.

METHOD

The research method that the author uses in this study is quantitative. The research design used by the author is an ex post facto research design. The steps of ex post facto research are as follows:



Picture 1. The steps of ex post facto research
Source: (Widarto, 2013)

The population in this study were all students who participated in volleyball extracurricular activities. The research sample criteria in extracurricular activities are students who are registered in volleyball extracurricular activities, actively participating in activities and

structured training programmes. By using the total sampling technique, the sample was all students who participated in volleyball extracurricular activities, in total 30 people. The research instrument is a questionnaire about volleyball with the reliability coefficient value of each instrument, extracurricular variables 0.924 and student discipline variables 0.882, used a Likert scale approach. Data collection techniques are observation, questionnaires, documentation, and data analysis techniques in the form of data descriptions, correlation tests and determination tests.

RESULTS

The research was conducted at SMK Bhakti Putra Nagreg, with a research sample of 30 people. Sample characteristics are as follows:

Table 1. Sample characteristics

Name of School	Gender	Total
SMK Bhakti Putra Nagreg	Male	15
	Female	15
		30

After obtaining data on the role of volleyball extracurriculars on student discipline at SMK Bhakti Putra Nagreg, Bandung Regency, the next step is to process and analyze the data so that the data provides an answer to the formulation of the problem posed. Therefore, researchers describe and present based on the data obtained.

1. Description of the Variables

This study includes one independent and dependent variable, namely the role of volleyball extracurriculars on students' discipline attitudes. In this section, the results of the research for each variable will be presented.

2. Volleyball Extracurricular Variables

After doing the research, the calculation of volleyball extracurricular variables was obtained as follows.

Table 2. Description of volleyball extracurricular variables

Total Sample	30
Items Total	45
Amount of Data	4.881
Average	162,7
Standard Deviation	16,9
Maximum	195
Minimum	120

The independent variable X, volleyball extracurricular in this study, has a descriptive analysis data value. The number of samples is 30 students, and the number of questionnaire items is 45. The amount of data from the X variable is 4.881, the average is 162,7, the standard deviation is 16,9, the maximum value of 195, and the minimum value of 120. The descriptive variables above become a reference to proceed to the next statistical analysis.

3. Student Discipline Attitudes Variables

After doing the research, the calculation of volleyball extracurricular variables was obtained as follows.

Table 3. Description of student discipline attitudes variables

Total Sample	30
Items Total	38
Amount of Data	4.817,000
Average	160,567
Standard Deviation	11,361
Maximum	185,000
Minimum	141,000

The dependent variable Y, the student's discipline attitude in this study, has a data value from the descriptive analysis. The number of samples is 30 students, and the number of questionnaire items is 38. The amount of data from the Y variable is 4,817,000, the average is 160.567, and the standard deviation is 11,361, the maximum value. Of 185,000, the minimum value of 141,000. The descriptive variables above become a reference to proceed to the next statistical analysis.

4. Correlation Test

A correlation test is used to determine the level of closeness of the relationship between the two variables.

Table 4. Correlation test

Correlations			
		Volleyball Extracurricular	Student Discipline Attitudes
Volleyball Extracurricular	Pearson Correlation	1	,782**
	Sig. (2-tailed)		<,001
	N	30	30
Student Discipline Attitudes	Pearson Correlation	,782**	1
	Sig. (2-tailed)	<,001	
	N	30	30

** . Correlation is significant at the 0.01 level (2-tailed).

Based on the correlation table above, Sig's value can be seen. (2-tailed) between volleyball extracurricular and student discipline attitude is 0.001 less than 0.05. Then the calculated R-value (Pearson Correlation) is 0.782, and the R table value at a significance level of 5% is 0.361. The basis for making hypothetical decisions can be seen from the results of the analysis where Sig. < 0.05 or R count > R table, then H₀ is rejected, and H_a is accepted. This means a significant relationship exists between volleyball extracurriculars and student discipline attitudes. Then to determine the degree of relationship between the two variables, it can be seen from the Pearson correlation value on table 5.

Table 5. Correlation coefficient criteria

Pearson Correlation Value	Correlation Criteria
0,00 – 0,20	No correlation
0,21 – 0,40	Weak correlation
0,41 – 0,60	Moderate correlation
0,61 – 0,80	Strong correlation
0,81 – 1,00	Perfect correlation

(Ratnasari et al., 2016)

The correlation value obtained from the results is 0,782. It can be concluded that extracurricular volleyball and students' disciplinary attitudes have a strong correlation.

5. Determination Test

Used to determine the Contribution or Contribution given by a variable or more X (Free) to the variable Y (Bound).

Table 6. Determination test

Model Summary				
Model	R	R Square	Adjusted R Square	Std. The error in the Estimate
1	,782 ^a	,611	,597	7,211

a. Predictors: (Constant), Volleyball Extracurricular

From the test results, the coefficient of determination (R Square) is 0.611 (61.1%). This value shows that the Contribution of volleyball extracurricular (X) to students' discipline attitude (Y) is 61.1%. In comparison, the remaining 38.9% is generated by other factors that influence student discipline attitudes that are not discussed in this study.

DISCUSSION

Students carry out extracurricular activities outside of class hours. It is guided by a coach under the responsibility of a school with the aim that students can develop their personality, interests, talents, and abilities in various fields. Extracurricular activities as part of an overall educational policy have the following main tasks: 1) Deepen and expand students' knowledge, enriching, sharpening, and improving students' knowledge related to subjects following the existing curriculum program. 2) Recognize the relationship between various subjects. 3) Channeling and fostering talents, interests, and skills, and the expected results are to spur children towards independent, confident, and creative abilities. 4) Complementing efforts to develop a complete human being (Samsudin et al., 2019). One of the extracurricular activities carried out outside of class hours is volleyball extracurricular activities. Volleyball is a team sport played by six people on the field for each team. Volleyball sports prioritize technical skills for every movement and togetherness of each team in order to create the expected volleyball game. Bhakti Putra Vocational School is an educational institution carrying out extracurricular volleyball activities. Volleyball extracurricular is an extracurricular activity that interests students as a means to develop their personality, talents and abilities. One of the personalities that must be possessed is a disciplined attitude. Discipline is not an attitude that comes from birth but requires coaching. Discipline is the basis of obedience or responsibility towards oneself and others as a form of behaviour that shows a good human being.

Discipline is one of the means to form an orderly personality in doing something; discipline can also be in the form of time, in carrying out activities and in others. However, the values of discipline are fading as time goes by. This is evident when students go to school. There are still many children who are late, forget or intentionally do not do their homework, and do not wear completely uniform attributes such as shoe colour, tie and others. In addition, in the scope of the school, many students do not understand the meaning of discipline because there is no appropriate forum to form a child's discipline attitude; besides that, the teacher has not given strict sanctions to students who have not been disciplined. One example of student behaviour showing an undisciplined attitude is violating school rules (Pratiwi, 2020).

Therefore, volleyball extracurricular activities can be a place to educate children to become children with good personalities. From the calculation above, it is concluded that volleyball extracurriculars play a role in student discipline attitudes. The large effect of the implementation of volleyball extracurricular on student discipline is 61.1% which shows a "strong" correlation based on a correlation value of 0.782.

The novelty of this study is that non-academic or extracurricular activities must begin to be programmed, in fact there is a positive impact on students in addition to shaping students' personalities and developing social skills. especially in leading sports which are government policies through DBON to be developed according to local wisdom, of course there needs to be encouragement or support starting from the level of the education unit to participate in supporting long-term athlete development programs. Extracurricular activities have an impact on student discipline with extracurricular activities that are carried out really programmed and structured with an exercise program with the application of the training process through a mental training approach that is always giving emphasis to the volleyball extracurricular training process by providing motivation through doing the best, Concentration, Focus, Confidence, Positive thinking, Visualization, Emotional control. So, this continues to carry over in the learning process and in everyday life.

CONCLUSION

Based on the research and discussion results, it can be concluded that the R count (Pearson Correlation) is 0.782, and the R table value at the 5% significance level is 0.361; this confirms that H₀ is rejected, and H_a is accepted. So, in this study, Volleyball Extracurricular role on the Disciplined Attitudes of Students at SMK Bhakti Putra, Nagreg District, Bandung Regency. The results also show that the value of determination is 61.1%. With a relationship level of 0.782%, with a strong category. This value shows that the Contribution of volleyball extracurricular (X) to students' discipline attitude (Y) is 61.1%. In comparison, the remaining 38.9% is generated by other factors that influence student discipline attitudes that are not discussed in this study. Suggestions for further researchers are expected to be able to conduct research by further exploring this research by involving other variables, such as environment, teacher personality, coach personality and teacher performance.

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